

WARREN SENTINEL

Volume 64, Issue 24

F. E. Warren Air Force Base, Wyoming

June 17, 2005

WWW.WARREN.AF.MIL

Cowboy up for safety *Complete puzzle, get 5 squadron points* **23**

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PASSING THE FLAG ...

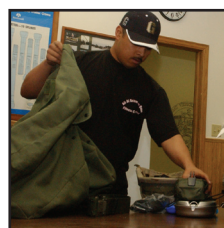
The Warren Honor Guard along with other Warren Airmen perform during the change of command ceremony Wednesday at the parade field here. Col. Michael Carey assumed command of the 90th Space Wing. (For more, see page 5)

Photo by Senior Airman Tonnelle Boyd

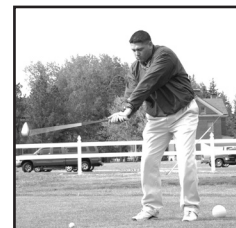
Col. Carey assumes command **5**



90 LRS ready for frontline **13**



Warren members take a swing **17**



Commentary

Hot potato, hot potato ...

Lt. Col. Kathleen Cook
90th Mission Support Group commander

Remember that game you use to play as a kid? It required you and your friends to stand in a circle and toss a potato (in my case we used a ball) around while chanting, "Hot potato, hot potato, who has the hot potato?" As quickly as the ball touched our fingers, we wildly tossed it to the next guy. Round and round and across the circle the hot potato flew. And then suddenly, the chant was over and there he was ... the guy who was 'out' because he was the one left holding the 'hot potato.' No one ever wanted to be that guy.

Now, I haven't played that game in at least 35 years, but lately, I've occasionally felt the slight impact of a tossed 'potato,' and other's have heard the faint whimsical chant that accompanies the game. Could it be that even as adults, we play hot potato?

When was the last time you hit the 'send' button on an e-mail and felt a sense of relief because the tasker no longer sat in your inbox? Or have you ever said to a subordinate, "Congrats on being the POC for that event ... good luck" and just walked away? Or better yet, have you ever heard through the grapevine that something was happening in your unit that directly impacted your mission and you thought, "no one's called me, not my problem?"

Given the manning shortages across

the Air Force, it's easy to understand why someone wouldn't want an extra hot potato to carry around in his job jar, but we need to ask ourselves at what point do we take some responsibility for the greater good? Do we let the moment happen and fail just because no one asked for our help or our opinion?

Whether it's a tasker that's touched your desk and been forwarded, a project that's wandering aimlessly in your area of responsibility, or even an issue of concern in another group, we all need to step up, and follow up to ensure success. It's about taking responsibility when down deep, you know you should.

So the next time you see someone holding a hot potato, don't step to the side and let the guy fail. Put on your oven mitts and get in there and help.

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DEADLINES:

Articles are due to Public Af-

fairs, Building 250, room 201, by 4:30 p.m. Thursday the week before publication. Classified ads are due by 11 a.m. Tuesday the week of publication.

Classified ads can also be dropped off or mailed to Wyoming Newspapers, Inc., 202 E. 18th St., by 1 p.m. Tuesday the week of publication. Articles and ads that don't meet these deadlines won't be considered for that week's issue. Editorial content is edited, prepared and provided by 90th Space Wing Public Affairs of F. E. Warren Air Force Base, Wyo., of Air Force Space Command.

All photographs are Air Force photographs unless otherwise indicated. Public Affairs reserves the right to edit content to conform to style and space requirements. Articles run on a space-available basis.

Direct questions or comments to the SENTINEL at 773-3381 or e-mail at Sentinel@warren.af.mil.

Published by:

Wyoming Newspapers, Inc.
202 E. 18th St., Cheyenne, WY,
82005

(307) 632-5666

Sentinel@warren.af.mil

Man on the street

Public affairs asked Warren members, "What do you think of the new utility uniform?"



"Change is good. It's good that the Air Force will have its own personal look, to distinguish us from the other services."

- Master Sergeant Bryan Grzegorzczuk, Weapons Safety



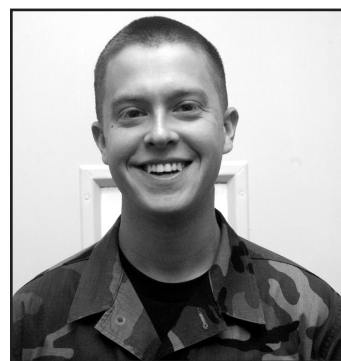
"It's great that they're wash-and-wear. I also like the boots because we won't have to polish them."

- Tech Sgt. William Hemberger, Protocol



"I'm very glad they've decided not to go with the blue tiger stripes. I'm also looking forward to a uniform we won't have to iron - then again, that's the same thing they said about the ones we wear now."

- Senior Airman Tonnette Boyd, 90th Space Wing



"I'm sceptical of how long the policy will be wash and wear because all it takes is one super-troop to use some starch and an iron."

- Airman 1st Class Andrew O'Brien, 90th Security Forces Group

Warren SENTINEL

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90th Space Wing commander

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Commentary

What would it cost if you got a DUI?

Col. Zeb Pischnotte
55th Wing Staff Judge Advocate

OFFUTT AIR FORCE BASE, Neb. — While the costs of a DUI in terms of deaths, injuries, and damages may influence some people not to drink and drive, maybe others might sit up and take notice when it comes to the costs of a DUI in terms of dollars and cents. When you do the math, the potential financial impact to an active duty member involved in even a routine DUI stop can be staggering. Below are a couple of examples that illustrate this point.

Example 1: Senior Airman Smith has just over four years on active duty, has a line number to staff sergeant and is due to pin on in one week. Airman Smith celebrates his good fortune one evening at a local Omaha club, but stops drinking about one hour before closing in order to sober up. At closing time the bartender asks Airman Smith if he can call him a cab. He declines stating he's "good to go." And besides, the cab fare is a hefty \$30.

Although Smith lives in La Vista, he ends up driving a friend back to his quarters on base. He makes it onto base, but then gets distracted momentarily and runs off the road for a few seconds. After regaining

control of the car, he sees lights flashing behind him and pulls over to the side of the road. Airman Smith then fails a field sobriety test and blows a .16 Blood Alcohol Test.

Two days later, Airman Smith's commander gives him an Article 15 and subsequently imposes a hard bust to airman first class and 45 days extra duties. The commander also places the Article 15 into an unfavorable information file, initiates control roster action, and writes a referral enlisted performance report.

So what is the cost in terms of dollars to, now, Airman First Class Smith for his actions that evening? For starters, he's losing \$467 in pay and basic allowance for housing per month as compared to a staff sergeant. Additionally, his insurance rates immediately go up by half for the next three years (a total of about \$2,700 in additional premiums to cover the insurance on his 2000 Toyota 4-Runner).

Assuming Airman Smith has, from this date forward, an absolutely outstanding record and makes his next rank as quickly as possible, over the course of the next three years he is down about \$16,800 in pay and allowances. If he remains in the Air Force and makes it to the rank of master sergeant, when he comes up

for his senior master sergeant board, even though the Article 15 is long gone from his UIF, the referral EPR in his record will likely cause the board to pass him over.

Assume further that without the DUI, Smith's record would have gotten him promoted to chief master sergeant. If he then retires as a master sergeant with 24 years of service, his total losses in pay and allowances up to that point will be approximately \$140,000.

But it doesn't stop there. Assuming he lives to the age of 75, his loss in retirement benefits as compared to a Chief master sergeant who retired at 24 years would be more than \$233,000. If you do the math, Smith's potential costs for his DUI are a staggering \$376,000! This makes the \$30 cab fare look like a drop in the bucket.

Example 2: Maj. Fastburner is 34 years old with more than 12 years of service and has a line number to lieutenant colonel. Assume the same basic facts as example 1 — a failed BAT. In this case, however, the 8th AF commander imposes \$5,394 in forfeitures and a reprimand by way of an Article 15. The 8th AF commander also places the Article 15 into a UIF and Major Fastburner's Officer Selection Record, and red-lines the promotion

to O-5. Fastburner's commander also writes a Referral Officer Performance Report.

Again, this only tells a small part of the story. Although Major Fastburner will get to meet more promotion boards, the referral OPR and OSR will make it an almost 100 percent certainty he will never be promoted beyond major.

The difference in pay and allowances between an O-4 and O-5 or O-6 begin to add up quickly. Assuming he is very good at his job and is able to continue on active duty for 10 more years (the 22-year point), his loss in pay over that time will be approximately \$126,000.

But this is where the dollars really begin to add up. Assuming as in example 1, Major Fastburner lives to the age of 75, his loss in retirement pay will be almost \$329,000. All-in-all, this DUI will cost Major Fastburner around \$463,000. Again, the cost of a \$30 cab fare pales in comparison to his potential monetary losses over his lifetime.

What would it cost you if you got a DUI? Pull out the pay charts and do the math.

Then, the next time you drink, remind yourself of the bottom line and ask yourself, "Is it worth it?"

6 by 5.5

Back for a second round

Col. Carey accepts command of Mighty Ninety

Capt. Warren Neary
Public affairs

Col. Michael Carey assumed command of the 90th Space Wing Wednesday during a change-of-command ceremony at Argonne Parade Field.

Serving as Warren's next wing commander, will mark the second time Colonel Carey will serve at Warren. He commanded the 321st Missile Squadron during his first tour.

"We all need to be aware that this Wing is entering a historic period of unprecedented tempo of activity, driven by the continuing Peacekeeper Missile System deactivation efforts and multiple Minuteman III Missile System upgrades," said Colonel Carey, 90th Space Wing commander, in his opening remarks.

"The coming months will demand the very best of all of you in order for us to ensure mission accomplishment in a secure and safe environment. I expect nothing less than professional execution of the job before us. I know you are up to the task, and I look forward to working along side you all."

Colonel Carey came from Schriever

AFB, Colo., where he served as the vice commander of the 50th Space Wing.

"As professional Airmen, we are called to be good citizens of our Air Force base, however, let's never lose sight that we are also citizens of Cheyenne," Colonel Carey said.

"We need to continue to nurture these historic bonds and take care of one another by supporting community needs."

"I'm sure when Mike was here at the 90th as the 321st squadron commander he said to himself, 'If I were the wing commander, I'd do this.' Well Mike, the day has come and you have earned the responsibility for leading the men and women of the Mighty Ninety," said Maj. Gen. Frank Klotz, 20th Air Force commander, to Colonel Carey in light-hearted ribbing.

Colonel Carey received his bachelor's degree in history at the University of Central Florida in Orlando, Fla., followed by a master's degree in public administration at the University of Oklahoma in Norman, Okla., and a master's degree in arts in national security and strategic studies at the Naval War College in Newport, R.I.



Photo by Senior Airman Tonnelle Boyd

Col. Michael Carey accepts command of the 90th Space Wing from Maj. Gen. Frank Klotz, 20th Air Force commander, while Command Chief Master Sgt. James Wood looks on.

Air Force finalizes new utility uniform

Tech. Sgt. David Jablonski
Air Force Print News

WASHINGTON -- Blue and green tiger stripes are out; the digitized pattern with subdued green, tan, blue and gray is in.

After reviewing more than 150,000 bits of feedback throughout the initial seven-month wear test of the proposed utility uniform, Air Force leaders recently decided to eliminate the original color scheme and conduct a limited field test of the new pattern.

Special operations and survival, evasion, resistance and escape Airmen will conduct a limited wear test of the new design at Eglin Air Force Base, Fla., Hurlburt Field, Fla., and Fairchild AFB, Wash., in June.

"The sole purpose of the

test will be to see if we can add any features to the uniform to make it a better uniform in the field and to determine if the new colors (and) pattern provide camouflage protection they need in the field," said Senior Master Sgt. Dana Athnos, Air Force uniform board superintendent.

Airmen who participated in the initial wear test stopped wearing the more vibrant blue-green uniform March 1.

The original wear test involved more than 700 Airmen at 32 bases worldwide who kept detailed daily logs annotating likes, dislikes and wash-and-wear problems.

They also completed three surveys.

"Throughout the test, Air Force leaders actively solicited feedback from testers and observers alike to ensure this uniform devel-

oped into one that fit the needs of today's Airmen," Sergeant Athnos said.

"There were several avenues for feedback, ensuring that the (Air Force) chief of staff had realistic facts when making the final decision on the uniform," she said.

Those avenues included a survey sent to 45,000 Airmen, a Web site and direct e-mail to the uniform board.

"Some comments were positive, some were negative -- all of them were provided directly to the chief of staff," Sergeant Athnos said.

The uniform is scheduled to be procured in mid-2005, officials said.

Airmen can expect to purchase the uniform sometime in fiscal 2007.

The proposed uniform will be phased in over four or five years.



Photo by Tech. Sgt. David Jablonski

The Air Force released photos of the latest uniform version.

Briefs

SARC office now open

The Sexual Assault Response Coordinator office is now open in Building 250, Room 226.

To report sexual assault, call the SARC hotline at 773-6444.

Physical therapy clinic is moving

The physical therapy clinic will be moving from the main clinic in Building 160 to the Health and Wellness Center located in Building 475.

The PT clinic will be closed today, but will reopen at the HAWC on Monday.

The phone numbers for the PT clinic will remain the same: 773-3406.

For more information, contact the PT clinic at the above phone number.

History office requests help

The 90th Space Wing Historian office is currently writing the 2002 through 2005 wing history.

To accomplish this, the historian office is collecting photographs and mission related documents for documentation and also to archive the events for future generations.

If servicemembers are able to assist, contact the 90 SW Historian office at: 90SW.HO@warren.af.mil.

90 MDG changes phone number

The 90th Medical Group is changing its phone number on July 1 to implement a new automated phone system. Starting July 1, to contact the clinic, call 773-3461.

Suicide prevention training

Three suicide prevention briefings are scheduled at the base theater for 1 to 2:30 p.m. Monday, 8 to 11 a.m. Tuesday, and 1 to 2:30, June 28.

For more information, contact Master Sgt. Jeffery Randall at 773-2998.

Local artist beautifies bowling alley

Warren lanes employee spends 60 hours on murals

**Senior Airman
Tonnette Boyd**
Public Affairs

Warren's bowling alley has a new look thanks to Shannon Flynn, who painted themed murals along the alley lanes' walls and the building's entranceway.

Mrs. Flynn, employed at both Warren's bowling alley and golf club, spent over 60 hours of her free time hand-painting images of balls colliding with pins along the walls. The entranceway boasts the American flag rippling around a bowling pin.

"I was also going to school full-time at the time, so I was pretty busy. I'd spend four to five hours of my off-time painting, and then maybe have one or two hours to myself before I'd crash," said Mrs. Flynn.

Her husband, Senior Airman Ryan Flynn, 90th Missile Maintenance Squadron, is very proud of his wife's talents.

"I missed having her around, but I've seen what she did, and it's good. Plus it made her feel good to do it. It made the place look a lot better," said Airman Flynn.

The murals, as employees of the bowling alley agree, improve the look and feel of the building.



Photos by Lorri Welsh

Shannon Flynn, a local art student and Warren spouse, puts finishing touches on one of the bowling murals she recently completed at Warren Lanes.

"The patriotic entrance foyer logo really enhanced the customer purview when they walk in, showing support for our troops. The murals on the walls really match the color and intent of the new bowling center décor. It was done in a real artistic manner. She's

working on making the ones over the lanes glow in the dark for our 'Xtreme' bowling program. This is the first update to the look of the bowling alley since 95-96, so it was definitely needed," said Bob Schofield, manager of Warren Lanes.

Others within the 90th Ser-

vices Squadron are also grateful for Mrs. Flynn's creative contributions to the bowling alley.

"It was awesome that she did that. It's wonderful anytime base people invest personal time and talent to make programs at Warren better for all of us," said Lorri Welsh, marketing director, 90 SVS.

Of course, the most important opinion belongs to the bowlers themselves, as the visuals could affect their morale, their level of excitement, and consequently their game.

"It's really cool what they've done with the place. I've bowled here for four and a half years, so I saw it before she did this," said Joy State, a military spouse and patron of Warren lanes. "It really helps the looks, especially when it glows in the dark for 'Xtreme bowling."

"It was nice to contribute something. Those guys have been so good to me. It was nice to give something back," said Mrs. Flynn.



Asbestos and Lead Awareness Training

Quarterly awareness training for asbestos will be offered at the base theater 8 to 10 a.m., June 29. Lead based Paint awareness training will be offered directly following from 10 to 11:30 a.m. Annual attendance is mandatory for the following people:

90th Civil Engineer Squadron (craftsmen, construction inspectors, engineers, facility custodians, and anyone else who may disturb materials in buildings constructed prior to 1982), 90th Communications Squadron line runners, facility managers, maintenance workers, custodial workers, project managers, auto hobby shop personnel, any individuals performing self-help work in buildings constructed prior to 1982, 90th Missile Maintenance Squadron Electromechanical team, 90 MMXS Periodic Maintenance, 90 MMXS Facilities Flight, 90th Maintenance Operation Squadron PREL Resource Flight, 90 MMXS Rivet Mile, 90 MOS Team Training Electromechanical Team, 90 MOS Team training Facilities, group and squadron commanders**, and any personnel who have occasion to disturb materials in buildings constructed prior to 1982.

Everyone else is welcome and encouraged to attend.

For more information, contact Mike Zak at 773-4358.

**Group and squadron commanders unable to attend may take an abbreviated computer based version instead. Available on the base network drives under: Organizations on 'DFS/File Server (fecfs14)' (o), Base_Information, 90CES_Information, Environmental, Commanders Lead and Asbestos Training.

Congrats to Warren's new master sergeants

90th Services Squadron

Jacob Trujillo

90th Mission Support Squadron

Charles Foster III
Thomas Robison
Rhonda Sargent

90th Communications Squadron

Eric Black

90th Civil Engineer Squadron

Rodell Reed

90th Security Forces Squadron

David Alvarez
Anthony Bovara
Sidney Heinig
Shane Murray
Lloyd Skutt

319th Missile Squadron

John King III

320th Missile Squadron

Daniel Dial
Carl Rhea
Shari Schad

400th Missile Squadron

Jeffrey Doctor
Allan Kinsley

90th Space Wing

Ronnie Beharry
James Donaldson
Steven Goetsch

90th Logistics Readiness Squadron

Dennis Palazzo
Marco Parrilla

90th Maintenance Operations Squadron

Michael Craig
Brian Halvorson
Brett Ragsdale
Wilbert Smith Jr.
Timothy Staples
John Zgaynor

90th Operations Group

Sean Cope
Brian Gabel

90th Security Support Squadron

Daniel Juday
Shawn Matzen
Steven Rybitski

790th Missile Security Forces Squadron

Vincent Gomez
John Linde
M K Yarbrough

37th Helicopter Flight

Jason Vanlancker

90th Missile Maintenance Squadron

Norman Bealer
Jason Bundy
Johnny Goldfuss

Inbound Warren Members

Robert Hughes II
Warren Wellons
Richard Conrad
James Jock
Robert Pearson
Stacy Pearson
Joseph Krempasky
Timothy Olesinski
Shawn Davis
Danny Rigney

20th Air Force

Robert Bails
Jason Bruns
Jesse Clement Jr.
Michael Federer
Billy Ferguson Jr.
Rodney Frotz
Gauthier Robert
Roman Punahale
Michael Schmidt
Cedric Watson
Timothy Whetsell
Shawna Mills
David Curry
David Marsteller
Kevin Young

Promotion lists courtesy of Mission Support Squadron customer support

Congrats to Warren's new tech. sergeants

90th Mission Support Squadron

Herbert Carroll
James Harwell

90th Communications Squadron

Keith Bylow
Joshua Dunn
Jonathan Mills
Joseph Myers

90th Civil Engineer Squadron

David Gough
Jason Mays
Daniel Parker
Duane Riggs
Michael Thompson

90th Security Forces Squadron

James Akin
Sean Corbett
Michael Curtis
Harold Gardner
Troy Grubaugh
Jason Krazer
James Miller
Jared Moran

90th Security Forces Group

Scott Steeves

319th Missile Squadron

Greg Hansen
William Kennedy

320th Missile Squadron

Michael Schoenberger
Levi Soule
Stephen Vincent

400th Missile Squadron

Charles Campbell
Shane Honeycutt

90th Space Wing

Michelle Edwards
Jonathon Grimes
Eric Pauley

90th Logistics Readiness Squadron

Robert Leigh III
Wayne Thomas

90th Maintenance Operations Squadron

Russell Correll
David Kij
Kelly Komm
Tad Marshall

Ruben Montiel
Richard Nixon

90th Maintenance Group

Daniel Cox
William Mayo
James Rose
James Rosebrock

90th Operations Support Squadron

Regena Greene
Christopher Mclean
Sean Wallace

90th Medical Operations Squadron

Maryanne Bay
Christine Bellinghiere
Margaret Matzen
Keith Shanks

90th Medical Support Squadron

Kevin Frazier
Jennifer Martinez

90th Missile Security Forces Squadron

Jeremy Dumas
James Lewis
Donald Reid
Jefferson Thorpe
Brian Vanhooose

90th Security Support Squadron

James Austin
Brian Brodzinski
Joel Gil
Elmer Jones III
Raymond Kubiacyk
Danna Ward

790th Missile Security Forces Squadron

Jack Cohenour II
Terry Miller
Daphne Watson

90th Missile Maintenance Squadron

Matthew Gebo
Jason Halvari
Paul Poggenpohl
Eric Smith
Gary Wilburn

Air Force Legal Service

Joaquin Montes III

20th Air Force

Beau Jones



Warren Top 3 upcoming events

June 24

Senior NCO Barbecue
POCs:

Master Sgt. Dori Batten, 773-5610
Master Sgt. Don Vrabel, 773-3700
Master Sgt. Tony Moreland, 773-3088
Master Sgt. Stuart Shepard, 773-4686

June 29

Top 3 meeting
POC:

Master Sgt. Bernadette Hamilton,
773-2256

July 14

Veteran's Association Hospital Visit
POC:
Senior Master Sgt. Bruce Ayers, 773-5252

July 21

SNCO Induction Ceremony
POC:

Master Sgt. Bernadette Hamilton, 773-2256

July 25 and 27

Cheyenne Frontier Day trash pick-up
POC:

Master Sgt. Michael Whittaker, 773-4210

Aug 3

Quarterly Awards Banquet
POC:
Master Sgt. Joe Walsh, 773-5526

October: Dorm Escape BBQ

POC:
Master Sgt. Bernadette Hamilton, 773-2256

NCOA MEETS SECOND TUESDAY OF EACH MONTH

The Non-commissioned Officers Association; chapter 1169 will hold monthly general membership meetings the first Tuesday of every month in the upstairs of Building 347(Airman's Attic). Members and non-members alike are welcome to attend.

We exist to enhance and maintain the quality of life for the enlisted core of all the branches of the military, the Guard, Reserve, and those that are retired. NCOA supports numerous agencies both on and off base such as Frontier Days, Greek Festival, and Airmen Leadership School. Come out and support your base and community.

For more information, contact Master Sgt. Robbin Rooney at 773-2911 or Tech. Sgt. Johnny Goldfuss 773-3817.

PCSing? Tips on how to make your TMO move painless and hassle-free

Courtesy of Joint Personal Property Shipping Office

The Air Force permanent change of station season, also known as summer, is upon us. If you've received orders, here are some tips from the traffic management office.

The summer months are the busiest time of year for the moving industry, with school out and when the vast majority of moves take place.

Stop into the traffic management office in Building 1274 to start the arrangements for your move. The entitlement professionals there can clarify any questions you may have concerning what can and can't be shipped.

The joint personal property shipping office usually can book

pick-up dates 30 days in advance of your requested date. By stopping in early you can lock in your move dates and really get down to planning your move.

Once you've stopped into TMO and filled out your paperwork, the next step down the movement road is the assignment of a carrier. This is accomplished at the JPPSO in Colorado Springs, Colo.

Once your shipment is booked, you will receive an automated voice call providing pick-up information followed by a digital notification via e-mail.

As a reminder, you will receive another automated phone call three days prior to your pickup date. Pick-up dates are established based upon first your requested time, then carrier availability.

If issues arise with your pick-up

**FOR MORE MOVING TIPS, VISIT:
THE AIR FORCE MOVE WEB SITE
[HTTP://AFMOVE.HQ.AF.MIL/DEFAULT.ASP](http://afmove.hq.af.mil/default.asp)
JPPSO-COS WEB SITE
[HTTPS://WWW.JPPSO-COS.AF.MIL/](https://www.jppso-cos.af.mil/)**

date stop by TMO to work those directly with your transportation professionals.

Changing pick-up dates is only done in the event of an emergency, often this happens at the last minute and getting the date changed to one you want may not be possible.

When your moving day arrives TMO has quality assurance person-

nel at 773-6275 who can provide assistance with any issues that may arise. They are out on the road daily keeping a close eye on the carrier to ensure you have a quality move. If you have any special requirements, they are the ones to contact.

For more information, contact TMO at 773-1848.



Airman magazine changes to quarterly publication

SAN ANTONIO (AFPN) – Beginning in July, Airman magazine will be distributed on a quarterly basis versus monthly, to include the January almanac edition.

Readers can expect to see enhanced photography and changes in content, layout and design. Because of the transition, the June issue will not be published, but excerpts will be available online at www.af.mil/news/airman/.

All unit subscriptions will carry through to the new quarterly magazine.

If an Airman's unit is not a subscriber, but he or she would like to receive the magazine, he or she can send the address and number of military and civilian members assigned to the unit to afnspub@afnews.af.mil.

Airman is the official magazine of the Air Force and a primary internal information source for secretary of the Air Force and Air Force chief of staff programs and Air Force operations at home and overseas. The magazine has been informing the total force since 1957.

Keeping your children safe

Advice on recognizing, combatting abuse

Glenn Garcia
Family advocacy

Summer is here, school is out, and many children are traveling across the country to spend time with their divorced mother or father who does not have primary custody. This is a reality in our country where roughly 50 percent of marriages end in divorce, and 43 percent of children will reside with, or visit a non-custodial parent over the next three months.

The family advocacy program and the local office of the Department of Family Services become flooded during this transition time, with multiple phone calls of alleged abuse by the parent the child resided with during the school year. Although some of these alleged incidents of abuse turn out to be substantiated, the vast majority are unfounded due to lack of evidence, because the information is not able to be validated, or simply because the incident occurred too long ago.

For this reason, the family advocacy program would like

to give parents a few pointers on recognizing and combatting abuse.

1. In most states, parents have the right to discipline their child. When the discipline crosses the line by either being repeated, excessive, or leave marks, then it can be considered abuse. Consider other appropriate techniques that can be used to help children behave appropriately.

2. Emotional abuse includes verbal putting down, insulting, criticizing, rejecting and psychological abuse.

3. Sexual abuse includes inappropriate physical contact, rape and exploitation. Children who are victims of sexual abuse often have additional behavioral and psychological problems.

If you suspect that your child has been a victim of any of the above types of abuse, it should be reported to the proper authorities as soon as possible to when the incident happened. This will allow the authorities to collect the necessary evidence needed to secure a criminal prosecution.

Parents should encourage

their children to report abuse to a trusted friend, teacher or other professional as soon after the incident occurred as possible. Also, teach children that they can set boundaries with other people, sometimes even adults in their lives.

Teaching children appropriate boundaries will help them maintain healthy relationships. Finally, teach children how to be assertive. If children are taught how to physically and verbally defend themselves, how to say "no" to an unwanted invitation or touch, what to do when they feel uncomfortable and who to tell when something bad happens, then you have given them the skills they need to be safe when you are not around to be able to protect them.

It is important that we listen to our children when they communicate problems to us. Be careful what your questions and non-verbal behaviors communicate to your child.

To report abuse or neglect or to find more information, contact the Family Advocacy Program at 773-4228.

LRS Airmen get ready for the frontline

**Airman 1st Class
Lauren Sixbey**
Public affairs

Few Airmen will ever have a more dangerous duty.

Few Airmen see the front lines of war.

But the 11 members from the 90th Logistics Readiness Squadron Vehicle Operations unit will soon do just that when they deploy to Iraq to run convoys.

Deploying are: Tech. Sgt. Jason Cook, Staff Sgts. Desmond Gusimat, Christopher Bittner and Sean Blanton, Senior Airmen Jeremy Gust and John Foster, Airmen 1st Class Garry Dunn, Elizabeth Powell, Charles Herbert, Randy Barcello and Frederick Hein.

And they are ready.

Ten are scheduled to leave on June 26 to begin the Basic Combat Convoy Course at Camp Anderson, Texas. Sergeant Cook is scheduled to leave on July 3. There they will train for approximately eight weeks before heading to Tikrit, Iraq, where they will spend six months with the Army keeping the supply lines open.

In Iraq the Airmen will spend most of their days



Photos by Airman 1st Class Lauren Sixbey

Tech. Sgt. Jason Cook, 90th Logistics Readiness Squadron, inspects Staff Sgt. Desmond Gusimat's deployment bag. Eleven members of the 90 LRS Vehicle Operations section are scheduled to deploy to Iraq to run convoys. First they will attend the Basic Combat Convoy Course at Camp Anderson, Texas.

transporting people, ammunition and other supplies from base to base. They will

also be providing escort to Iraqi contractors who are rebuilding the war-torn country.

Their deployment comes five months after 11 members of their shop returned from a similar deployment to Iraq. Airman Barcello, who was among the first group, volunteered to go a second time.

Though they will be at a different location, based on the past deployment, their days will be long and time off will be sparse, said Airman Dunn.

They are fully aware of the danger involved. Anti-Iraqi insurgents twice ambushed the convoys of the Airmen who returned in January. Their co-worker, Airman 1st Class Christopher Murphy received the Purple Heart for taking shrapnel to the face. Even so, half of the Airmen volunteered for the assignment.

For 21-year-old Airman Gust, this deployment is

the reason he joined the Air Force.

"It's an honor for me," said Airman Gust, whose father did search and rescue for the Navy during Desert Storm.

Family tradition is also a factor for Sergeant Blanton.

"My family's got a really big military history to it," said Sergeant Blanton, whose father was in Vietnam and grandfather was in World War II. "I guess I'll get a taste of maybe what they did."

The stakes are a bit different for Sergeant Cook, who will be their convoy leader. "I hope to bring all 11 of us back alive," he said.

While stationed in Elmendorf AFB, Alaska, he sent 23 Airmen to Iraq. Only 22 came home.

Airman 1st Class Carl Anderson, 732nd Expeditionary Logistics Readiness Squadron, was killed on Aug. 29, 2004, when a roadside bomb exploded next to

his convoy in northern Iraq.

While they understand the horrors of war, the Airmen believe their closeness will help them while overseas.

"Everyone watches each others' back here," said Airman Dunn. "I imagine it will only get better over there."

"I hope everyone makes it back together," said Airman Powell, the only woman in the group.

"I just don't want us to get separated over there. I'm glad I'm going with guys I trust and who will stand right by me and fire with me."

Together, they will leave behind eight wives, one husband and eight children. But they are taking with them the friendships they've developed over the months and years here.

They know the uniqueness of their duty and the sacrifices and hardships involved.

And they are ready.





Courtesy of Air Force Space Command News Service

CHENEY TOUCHES DOWN

PETERSON AFB, Colo. — General Lance W. Lord greets Vice President Dick Cheney June 1. The commander of Air Force Space Command and other key leaders met Vice President Cheney when he arrived before a speaking engagement at the U.S. Air Force Academy. The vice president was the keynote speaker at the Academy's graduation ceremony. Also pictured right of the general is Mrs. Beccy Lord and Col. Jay Santee, 21st Space Wing vice commander.

Officials tout benefits of Microsoft home use program

Phil Berube
Operations and Sustainment Systems Group Public Affairs

GUNTER ANNEX, Ala. — For about the cost of a month's subscription to an Internet service provider, most Airmen can get a copy of the software application they are currently using on their office desktops for use on their personal home computers.

The benefit, dubbed the Microsoft home use program, is part of Microsoft's commercial Software Assurance program. It was included in the overall Air Force Microsoft Enterprise License Agreement, which consolidates more than 40 separate license agreements across the Air Force into one.

For a small fee, Airmen, civilian employees and certain contractors assigned to eligible units can get a licensed copy of the same software they are using at work for home use.

"Having the same software at

home allows them to become more proficient at their jobs," said Alphonso Bryant, the manager of the Air Force Microsoft Enterprise License Agreement at the Operations and Sustainment Systems Group here. "And if they become more proficient at their jobs, then they'll be able to accomplish the Air Force mission more efficiently."

Although the benefit almost sounds too good to be true, Mr. Bryant said only about 6 percent of eligible participants have actually taken advantage of the program.

Complete program details and eligibility requirements can be found online at [https://www.gunter.af.mil/](https://www.gunter.af.mil/contracting/microsoftea/homeuse.aspx)

[contracting/microsoftea/homeuse.aspx](https://www.gunter.af.mil/contracting/microsoftea/homeuse.aspx). To get the program code needed to purchase the software on the program Web site, people need to contact their command or organization's software benefits administrator. A complete list of administrators can be found online at <https://www.gunter.af.mil/contracting/microsoftea/documents.aspx>. People can click on "Air Force MS Enterprise Agreement MVLS SBA POCs."

"The only condition attached with the home use program is personal usage rights are tied to continued employment with the Air Force and ends with termination of employment or expiration of the Air Force's

enrollment in Software Assurance," Mr. Bryant said.

Getting the inexpensive software is easier than people may believe, said Capt. Lee Beiermann, of OSSG, who recently purchased software for his home computer.

"The process is simple and easy, and I would definitely recommend anyone who is eligible to take advantage of the benefit," he said.

Another lesser known benefit of the Microsoft agreement is the employee purchase program. This benefit allows eligible participants to purchase Microsoft licenses and other consumer products at discounted prices.

COMPLETE PROGRAM DETAILS AND ELIGIBILITY REQUIREMENTS CAN BE FOUND ONLINE AT [HTTPS://WWW.GUNTER.AF.MIL/CONTRACTING/MICROSOFTEA/HOMEUSE.ASPX](https://www.gunter.af.mil/contracting/microsoftea/homeuse.aspx).

Swim instructor makes lessons a 'splash'

THE
CIVILIAN PAVILION

Matt Cox
Visual information

Kids love swimming. It usually starts early, around age 6, when parents enroll them in lessons and buy them their first pair of water wings, or swimming aid arm bands.

From that first dip, most kids are hooked.

Macey Schutz, lead recreational assistant for the Warren Aquatic Center, 90th Services Squadron, can attest to magnetic quality between kids and water.

She started early, at age 6, when her parents enrolled her in lessons and encouraged her to join the Warren Waves swim team.

From that first dip, she was hooked.

"I swam in junior high and high school and I have coached the Warren Waves team for the past five years," she said. "I still swim every week, but I no longer compete."

She replaced Carol Cox as the head of the pool six months ago; Ms. Cox has orders and will be leaving at the end of this month. Replacing someone who had been in the position for 16 years didn't scare Ms. Schutz.

"When the lead recreational assistant positioned opened, I jumped on it," she said. "I love teaching, coaching and helping our patrons as best as I can."

To join the under-17 swim team, Coach Schutz said kids need to demonstrate the



Photo by Lorri Welsh

Swimming instructor Macy Schutz assists Kareem Johnson Jr., son Staff Sgt. Kareem Johnson, 90th Logistic Readiness Squadron, during his swimming lesson Wednesday at the Warren Aquatic Center. The aquatic center offers Red Cross Swimming Lesson. Summer sessions will start on June 20, July 5, July 18, Aug. 1 and Aug. 15. For more information or to get your child involved, call 773-3195.

ability to swim the length of the pool in the freestyle and backstroke and display some knowledge with the butterfly and breaststroke. The team competes year round with other area clubs from the YMCA, Cole, Country Club and others.

Her passion for children and teaching doesn't stop at the pool.

The 21-year-old college student has just finished her sophomore year studying elementary education at Laramie County Community College and plans to transfer to the University of Wyoming in the fall.

As the aquatic center's single fulltime employee, Ms. Schutz juggles many responsibilities.

Besides managing the lifeguard staff, scheduling work shifts, conducting staff training, teaching swimming lessons and water aerobics, she also has to tend to paper work and maintain a clean and safe facility.

"I really enjoy my job and the more I learn about it the more I like it," she said.

The aquatic center has eight certified lifeguards on staff, including Ms. Schutz, and each is trained in cardiopulmonary resuscitation.

Each has taken the required lifeguard certification course and they participate in monthly training sessions to keep their skills sharp. At least two life guards are always on duty.

The aquatic center, Building 217, 7007 Randall Ave., features a five-lane, 25-yard pool with two slides, separated children's wading pool and hot tub. The hot tub is currently under construction and should be finished soon, according to Ms. Schutz.

The aquatic center is open Monday through Thursday from 8:30 a.m. to 6:30 p.m., Friday from 9 a.m. to 5 p.m.,

and Saturday from noon to 5 p.m.

Gear such as noodles, diving sticks, floating devices, kick boards, fins and water aerobic equipment can be checked out for free. The pool is open to anyone with a sponsor.

In addition to water aerobics classes, children and adult swim lessons, lap swim, open swim and the swim team, the aquatic center has two licensed massage therapists available during regular business hours.

Therapists Cara McKillip and Randy Roberts administer massage therapy and spa treatments at competitive prices.

Massages run \$45 per hour session and \$25 per half hour session; body wraps for \$60; salt scrubs for \$50, facial and full body airbrush tan for \$30; and hot stone massage for \$55.

As safety is a major concern at the aquatic center, Ms. Schutz said children under the 13 should always be accompanied by a parent.

The pool is offering children and adult swimming lessons all summer and has scheduled more open swim and family swim time.

"I strongly believe everyone should know how to swim well enough to get themselves out of the water (if they need to)," Ms. Schutz said.

"Swimming is also a great sport and leisure activity."

For more information about the aquatic center and the Warren Waves swim team, call Ms. Schutz at 773-3195.

COOL OFF THIS SUMMER AT THE WARREN AQUATIC CENTER, BUILDING 217, 7007 RANDALL AVE.

DAILY: ADULTS \$3; AGES 11-17 \$2; AGES 3-10 \$1; AGES 2 AND UNDER FREE.

WATER X IS FREE FOR THE FIRST TIME AND THEN \$3 PER VISIT OR A PUNCH CARD CAN BE PURCHASED FOR \$30 FOR 15 VISITS. A LAP SWIM PUNCH CARD IS ALSO \$30.

FAMILY SUMMER PASS: (JUNE, JULY, AUGUST), E-5 AND ABOVE: SIX MONTH FAMILY PASS \$100; E-5 AND ABOVE: INDIVIDUAL SIX MONTH PASS \$60; E-4 AND BELOW FAMILY SIX MONTH PASS \$85; E-4 AND BELOW INDIVIDUAL PASS \$45.

ALL PASSES INCLUDE FREE TOWEL SERVICE, LOCKER RENTAL AND DISCOUNT LESSON SESSIONS. LOCKER AND TOWEL RENTAL ARE EACH \$2 A MONTH. SWIM TEAM IS \$45 FOR THE FAMILY AND \$30 FOR AN INDIVIDUAL. PRIVATE PARTIES ARE \$60 FOR TWO HOURS AND BIRTHDAY PARTIES ARE \$45 FOR 90 MINUTES.



Staff Sgt. Stephen Marquez, 90th Comptroller Squadron, keeps his eyes on the ball as he tees off.



Photos by Tech. Sgt. Steve Goetsch

Warren tees off at Veterans Administration Benefit Tournament

Eighty Warren golf enthusiasts hit the links June 3 at the golf course here to take part in the Annual Chiefs and Sergeant Majors Group sponsored VA Benefit Tournament. The golfers enjoyed a great day on the fairways and raised \$700 for the VA.

1st place team: With 52 points

Master Sgt. Nick Lumbraz, 90th Civil Engineer Squadron
Staff Sgt. Jeffery Jewell, 90 CES
Tech. Sgt. James Stanfield, 90th Space Wing
Airman Brandon Ferrell, 90th Missile Security Forces Squadron

2nd place team: With 54 points

Master Sgt. Robbin Rooney, 90th Missile Maintenance Squadron
Master Sgt. Stephen Rouse, 90 MMXS
Tech. Sgt. Michael Bohn, 90 MMXS
Staff Sgt. Aron Avenell, 90 MMXS

3rd place: With a total of 54 points

Maj. Gerald Clouse, 90th Logistic Readiness Squadron
Master Sgt. Timothy Hawley, 90 LRS
Tech. Sgt. Ralph Plummer, 90 LRS
Staff Sgt. Brian Snow, 90 LRS

Closest to the pin on hole 14: Tech. Sgt. James Stanfield, 90 SW

Longest drive on hole 11: Master Sgt. Nick Lumbraz, 90 CES

Longest putt on hole 6: Staff Sgt. Brent Conlon, 90 MOS



William Allen, 90th Civil Engineer Squadron, chips out of trouble on the 11th hole.



Chadwell chef has a lot on her plate

Senior Airman Jennifer Bartow, 90th Services Squadron chef, is a shift leader at Chadwell Dining Facility, a quality assurance evaluator, CPR instructor and stress management instructor. She is the winner of various awards including 2004 Air Force Space Command Airman of the Year and the Hennessy Traveler Award, which awarded her a \$1,500 culinary scholarship. With all this on her plate it's a wonder she had time to sit down with Senior Airman Tonnnette Boyd to talk about awards, accomplishment and cooking.

What did winning these awards mean to you?

I won for Space Command, which is just incredible to me. If I were to win the Air Force level award it would be amazing. I love the services career field and it would be an honor to represent my AFSC for Air Force Airman of the Year 2004. So keep your fingers crossed on that one [laughs.] We should find out in the next week or so. The Hennessy is basically the top award you can win in food service, so to be the Best Chef in the Single Category for the Air Force is pretty cool.

What do you do here?

I'm the day shift leader. Basically I'm in charge of all the operations for breakfast and lunch. I take care of sanitation, safety, food preparation, quality of food, basically just watching over everybody and making sure everything's getting done like it needs to be.

Describe the average problem you might come across.

We might run out of food if we get hit real hard on lunch. We have to scramble to find backups to put out on the line. That's been happening a lot lately.

Do you take on additional duties?

Right now I'm a quality assurance evaluator backup, a CPR instructor, and I teach stress



Photo by Senior Airman Tonnnette Boyd

Senior Airmen Jennifer Bartow, 90th Services Squadron chef and shift leader, serves breakfast to another Warren Airman Wednesday morning at Chadwell Dining Facility.

management classes.

What accomplishments in particular do you think led to you winning these awards?

One of the big ones was I was one of two services troops in the whole Air Force to go to the presidential inauguration in 2004. I also got Mission Support Group Airman of the Year last year, and just won Airman of the Quarter for the wing this year.

Tell me more about the presidential inauguration.

It was basically run by the

nessy one. I never liked to cook growing up, I absolutely hated it. She wants to come out here and taste my food now [laughs.]

What changed your mind about cooking?

The on-the-job training I received at Chadwell Dining Facility built my confidence. The more I did it, and realized I was good at it, the more I liked it. Over time it grew into a passion.

Are you planning to make a career of the Air Force?

I think so. I really love what I do, and now I have a line for staff. On 1 July I'll put it on. First time I tested I made it.

Approximately how many customers do you see a day?

About 400-450. Usually about 100 for breakfast, and the other 350 during lunch. Lunch is definitely our busiest meal.

What do you do in your spare time?

Take care of my dogs. We have two labs and a pug, we just got the pug, she's just a puppy. I also mountain climb, and just took up archery.

Tell me about your husband.

He was in the Air Force, we were both stationed in Delaware and living in the same dorm when we met. We got married a year later. He just got out of the Air Force last year, he was in the fire department. Now he's a civilian in the fire department, which means he's getting paid a little more.

If you could have your favorite food shipped in from anywhere, what would it be and where would you get it from?

Elk meat from Montana, with my mom cooking it. I grew up on deer and elk meat, so if I could have anything that would be it. She breads it and fries it up country style. [Pause] Now I'll sound like a real redneck [laughs.]

Army but had all the armed forces there working. Along the president's parade route the armed forces lined the streets and we basically supported all of those people plus protocol personnel, about 3,000. We cooked soup for them, had coffee and hot chocolate ready ... just made sure they had everything they needed.

What did your family say when they'd heard you'd won?

They were very surprised, especially my mom about the Hen-

Five-man paintball tournament

Get a team together and enter the five-man paintball tournaments hosted by outdoor recreation with prize packages sponsored by Jax Outdoor Gear* and On-Site Automotive*. The next tournament is June 25 at the base paintball field with two others set for Aug. 6 and Sept. 3. Entry deadline for the first tournament is Tuesday. Enter at outdoor recreation, which is open 11 a.m. to 5 p.m., Mondays, Tuesdays, Thursdays and Fridays. Entry fees are \$15 per person. This include unlimited CO2, 200 paintballs, safety equipment, and marker if needed. Official tournament rules apply. No outside paint, paint available for sale at site.

Prizes and awards for first, second and third place teams in the June 25 tournament are:

First Place: trophies, PMI paintball pants, jerseys and glove sets and coupons for 20 ounce CO2 fills

Second Place: Trophies, Six plus two packs with

tubes and coupons for 20 ounce CO2 fills

Third Place: Trophies, \$15 Jax gift certificates and coupons for 20 ounce. CO2 fills

For more information call 773-2988.

*No federal endorsement of sponsors intended.

Fishing boats ready for rental

Outdoor recreation has 14' boats with 15hp motors ready for rental. A rental requires a 1 7/8" ball, a flat four-electrical connection for the lights and a completed boaters safety course. Renters are also recommended to check to see that their vehicle insurance covers rented towed vehicles. Reservations for the boats can be made up to 30 days in advance by calling ODR and guaranteed with a VISA or MasterCard. For more information, call ODR at 773-2988.

Family Day at Chadwell Dining Facility

Every Sunday is Family Day at Chadwell Dining Facility.

All active duty members may bring their family members with military ID cards to dine at Chadwell, noon to 1 p.m. Also invited are family members of the deployed.

Family members of E-1 to E-4 active duty are welcome to accompany their sponsor to any and all Chadwell Dining Facility meal times.

Car wash special

Tired of messing around with quarters when that car of yours needs to be washed? Call or stop by the auto skills center and purchase a pre-programmed wash card.

For more information, call the auto skills center at 773-3869.

Golf 4 Kids

Kids ages 8 to 13 are invited to learn to play golf June 27 to 30 and July 11 to 14.

Participants will receive a Golf 4 Kids logo T-shirt, cap, golf towel, neon tee pack and bag tag, rules and etiquette brochures and a graduation certificate.

Children graduating from the program will get a free

set of top quality junior clubs to keep. The cost is \$99.

For more information, call 773-3556.

Xtreme Bowling

Come to Warren Lanes on Friday and Saturday nights and participate in Xtreme Bowling. Xtreme bowling includes music, laser lights, smoke machines, glow-in-the-dark shoes, pins and balls.

The cost is \$7.50 per lane/per hour. Bowl 9:30 to 11 p.m. Fridays, and 7 to 11 p.m., Saturdays.

Give Parents a Break program

Give Parents a Break is a free child care program for active duty members with children ages 6 weeks to 11 years who are under unique stress. The program is available monthly on the first Saturday, 8 a.m. to noon and third Friday, 5:30 to 9:30 p.m.

A referral must be requested from squadron commanders, first sergeants, chaplains, medical professionals, family advocacy,

family support center or the child development center.

Auto skills stalls

The auto skills center now offers reservations for a patron-use stall. The stall can be reserved one business day prior at the standard rate of \$3 per hour.

One stall will be available for reservations, and will not include a lift.

Reserved stalls will be held until five minutes after the reserved time then released to waiting patrons.

For more information, contact 773-3869.

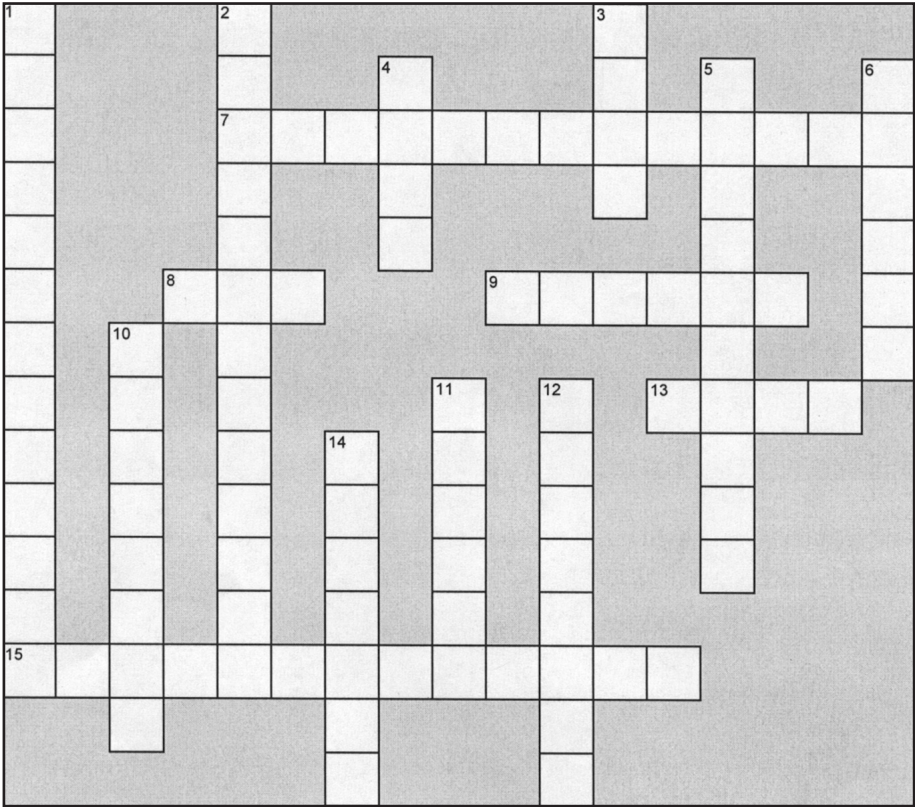
Father's Day Sports Challenge

The Father's Day Sports Challenge is scheduled for 9 a.m. to noon, Sunday at the all purpose field by Freedom Hall.

The challenge includes free-throw contests, three-legged races and long-ball challenge. Trophies will be awarded to first and second place winners in each event.

Sign up at Freedom Hall or on the day of the event.

6 by 6



101 Critical Days of Summer—Puzzle 1

Complete this puzzle by today at 4:30 p.m. and hand carry it to the safety office located in Building 250, to win 5 points for your squadron. A new puzzle will be published in the Sentinel every three weeks.

Across

- 7. DANGEROUS HOLES (TWO WORDS)
- 8. DRIVING UNDER THE INFLUENCE
- 9. HELPING TO KEEP OBJECTS OUT OF MACHINES
- 13. EVERYONE TAKES SOME
- 15. KEEPING YOU FROM FALLING MORE THAN SIX FEET (TWO WORDS)

Down

- 1. LITTLE PIGGY PROTECTION (THREE WORDS)
- 2. COMPLETE THIS TO AVOID INADVERTENT STARTING (TWO WORDS)
- 3. MATERIAL SAFETY DATA SHEETS (ABBR.)
- 4. GROUND FAULT CIRCUIT INTERRUPTER
- 5. EVERY ROAD HAS ONE (TWO WORDS)
- 6. HEAD PROTECTION WHEN ON TWO, NOT FOUR
- 10. NOT USED FOR EATING, BUT LIFTING
- 11. IN CONFINED SPACES IT MUST BE BETWEEN 19.5 AND 23.5 PERCENT
- 12. USED WHILE GOING UP OR DOWN
- 14. BEFORE WORKING ON ELECTRICAL EQUIPMENT REMOVE THIS

CONGRATULATIONS TO AIRMAN LEADERSHIP SCHOOL GRADUATES, CLASS 05-E

The goal of the Airman Leadership School is to prepare Senior Airmen to become effective Air Force supervisors. The course consists of three curriculum areas: profession of arms, leadership, and communication skills.

90th Civil Engineer Squadron

Bradley Allen
Heath Bichel
Anthony Eischens

90th Logistic Readiness Squadron

James Carter Jr. (John Levitow Award / Leadership Award winner)
Kirk Wilkerson

90th Security Forces Squadron

Christopher Collins
Wilder Rua
Antione Williams Jr.

90th Missile Security Forces Squadron

Scott Gray
Lisa Haskins
Ricardo Hollingsworth II
Eric Kulp
Randall Pee
Joseph Roberts
Brandy Schumaker
Demorris Young

790th Missile Security Forces Squadron

Richard Chalmers
Curtiss Chunn
Ricky Clark Jr.
Michael Howie
Natasha Walker

90th Maintenance Operations Squadron

Scott Farray
Kevin Hamp
Elton Johnson Jr.
Jerome Wright (Academic Award / Distinguished Graduate Award winner)

90th Missile Maintenance Squadron

Palmer Trujillo (Andrews Seminar leader)

90th Medical Operations Squadron

Sarah Fry (Kisling Seminar Leader / Distinguished Graduate Award winner)

90th Comptroller Squadron

Raymond Kim

90th Mission Support Squadron

Precious Mitchell

Personnel Reliability Program is everyone's responsibility

Question: What is considered an alcohol related incident?

Answer: Any sub-standard behavior or performance in which the consumption of alcohol by the individual is a contributing factor as determined by the certifying official with consultation from the competent medical authority.

Military Retiree Appreciation Day

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

INFORMATION FAIR

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Pronghorn Center, Building 834

June 25 • (8 a.m. - 3 p.m.)

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Open Bowling ID Cards/DEERS Updates Base Tours

Medical and Dental Screenings TRICARE Health Benefits

FREE LUNCH AND MUCH MORE!